



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2026-2027



Subject: Physical Education (Theory) Term: 1st

Name of the Subject Coordinator: Mr. Sukanta Panja

Name of the book: Health & Physical Education.

No. of Working Days: 61

No. of Periods Available: 35

Class: 10

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	09	Ch-1: The Human Growth and Development. Ch-2: Physical Education.	<ul style="list-style-type: none"> • Meaning of Growth and Development. • Different stages of Human Life. • Factors that influence Human Growth and Development. Page No: 01-10 • Meaning of Physical Education. • Objectives of Physical Education. Page No: 11-17 	<ul style="list-style-type: none"> • Multiple Choice Questions. • Fill in the Blanks. 	<ul style="list-style-type: none"> • Text Book. • Model.
May	06	Ch-3: Body Types.	<ul style="list-style-type: none"> • Endomorph, Mesomorph, Ectomorph. • Physiological and Psychological Characteristics. Page No: 18-22 	<ul style="list-style-type: none"> • Fill in the Blanks. • Write True and False. 	<ul style="list-style-type: none"> • Note Book. • Chart/ Picture. • Model.
June <i>(UNIT TEST I EXAM BEGINS FROM 15th JUNE, 2026)</i>	07	Ch-4: Physical Fitness.	<ul style="list-style-type: none"> • Meaning of Physical Fitness. • Importance of Physical Fitness. • Components of Physical Fitness. • Factors affecting Physical Fitness. Page No: 23-36 <p>UT-I Syllabus: Ch-01, Ch-02 & Ch-03</p>	<ul style="list-style-type: none"> • Picture based questions. • Fill in the Blanks. 	<ul style="list-style-type: none"> • Short Video. • Text Book.
July	13	Group-B/ Option-1: Cricket/Football/Basketball/Volleyball (Any one) Opt-1	<ul style="list-style-type: none"> • Knowledge of the game. • Rules of the game. • Fundamental skills and technique. • Terminology. • National and International tournaments/ governing bodies. Page No: 115-180 	<ul style="list-style-type: none"> • Fill in the Blanks. • Multiple Choice Questions. • Case based questions. • Picture based questions. • Answer the questions briefly. 	<ul style="list-style-type: none"> • Chart/ Picture. • Short Video. • Model.

Teachers are requested to prepare a LESSON PLANS for each Topic month wise.

Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.

[Handwritten Signature]
PRINCIPAL

[Handwritten Signature]
Sukanta Panja

Submitted on: 20.04.26
Academic Coordinator: *[Handwritten Signature]* Chaitali Roy

VICE PRINCIPAL *[Handwritten Signature]*



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2026-2027



Subject: Physical Education (Theory) **Term:** 1st and 2nd **Name of the Subject Coordinator:** Mr. Sukanta Panja **Name of the book:** Health & Physical Education.
No. of Working Days: 61, 36 (1st term) + 08 (2nd term) **No. of Periods Available:** 18 (13+ 05) **Class:** 10 **Sections:** A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	11	1: Revision of previous chapters. Ch-5: Sports Training	<ul style="list-style-type: none"> • Revision • Meaning of Sports Training. • Importance of Sports Training. Page No: 37-41 • Objective of Sports Training. • Principles of Sports Training. Page No:42-49 	<ul style="list-style-type: none"> • Multiple Choice Questions. • Case based questions. • Answer the questions briefly. • Fill in the Blanks. 	<ul style="list-style-type: none"> • Text Book. • Model. • Biology Lab. • Chart/ Picture.

1ST TERM EXAM SYLLABUS:

Ch-1: The Human Growth and Development. **Ch-2:** Physical Education. **Ch-3:** Body Types. **Ch-4:** Physical Fitness.
Group-B Cricket/Football/Basketball/Volleyball (Any Two) Opt-2

September <u>(1ST TERM EXAM BEGINS FROM 07th SEPTEMBER 2026)</u>	02 (1 st Term) 05 (2 nd Term)	Ch-6: Safety in Sports. Ch-7: Health Education	<ul style="list-style-type: none"> • Sports related Injuries. • Prevention of Injuries. Page No:50-78 • Meaning and importance of Health Education. • Nutrition. • Dietary Modification for Sportsperson. • Meal planning guidelines for various physical activities. Page No: 79-103 	<ul style="list-style-type: none"> • Case based questions. Fill in the Blanks. • Picture based questions. Answer the questions briefly 	<ul style="list-style-type: none"> • Chart/ Picture. • Short Video. Model.
---	--	---	---	--	--

Teachers are requested to prepare a LESSON PLANS for each Topic month wise.

Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.

PRINCIPAL

Submitted on: 20.04.26

Academic Coordinator: ... Chaitali Roy

VICE PRINCIPAL



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2026-2027



Subject: Physical Education (Theory)

Term: 2nd

Name of the Subject Coordinator: Mr. Sukanta Panja.

Name of the book: Health & Physical Education.

No. of Working Days: 08, 34

No. of Periods Available: 18

Class: 10

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
October <i>(2ST TERM BEGINS FROM 21ST SEPTEMBER, 2026)</i>	08	Group-B/ Option-2: Cricket/Football/Basketball/Volleyball (Any one) Opt-2	<ul style="list-style-type: none"> • Knowledge of the game. • Rules of the game. • Fundamental skills and technique. • Terminology. • National and International tournaments/ governing bodies. Page No: 115-180 PROJECT SUBMISSION: On 28th October.	<ul style="list-style-type: none"> • Multiple Choice Questions. • Case based questions. • Answer the questions briefly. 	Sports Equipment.
November	10	Ch-8: Career in Physical Education.	<ul style="list-style-type: none"> • Various career options in Physical Education. Page No: 104-113	<ul style="list-style-type: none"> • Fill in the Blanks. • Multiple Choice Questions. • Case based questions. • Answer the questions briefly. • Picture based questions. 	• Text Book.
December <i>(REHEARSAL EXAM BEGINS FROM 01ST DECEMBER, 2026)</i>	NIL	REHEARSAL EXAM SYLLABUS: Ch-1: The Human Growth and Development. Ch-2: Physical Education. Ch-3: Body Types. Ch-4: Physical Fitness. Ch-5: Sports Training Ch-6: Safety in Sports. Ch-7: Health Education. Ch-8: Career in Physical Education. Group-B: Cricket/Football/Basketball/Volleyball (Any Two) Opt-2			

Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.

[Signature]
PRINCIPAL

[Signature]
Sukanta Panja.

Submitted on: 20.04.26
Academic Coordinator: ... *[Signature]* ...

VICE PRINCIPAL
[Signature]